

DEFINE YOUR ENERGETIC BOUNDARIES *and Boost your Biz!*

Positive BIZ / PERSONAL EXPERIENCES

- _____
- _____
- _____
- _____
- _____

Neutral BIZ / PERSONAL EXPERIENCES

- _____
- _____
- _____
- _____
- _____

Negative BIZ / PERSONAL EXPERIENCES

- _____
- _____
- _____
- _____
- _____

DEFINE YOUR ENERGETIC BOUNDARIES *and Boost your Biz!*

What Emotions CAME UP FOR YOU ?

- _____
- _____
- _____
- _____
- _____

Tipping Points YOU DISCOVERED

- _____
- _____
- _____
- _____
- _____

What Boundaries WILL YOU PUT IN PLACE ?

- _____
- _____
- _____
- _____
- _____

What Method WILL YOU USE ?

- _____
- _____
- _____